

NUTRITION EDUCATION RESOURCES – GRADES 7-12

The Montana Team Nutrition Program has nutrition education resources designed for students in grades Preschool-12. Education resources include: curriculum guides, videotapes, computer software, nutrition games and many more helpful resources to allow you to cover nutrition topics with your students. There is also an adult category to answer any questions you may have about healthy eating habits.

Attached is the **Grades 7-12** resource list. Please contact the Team Nutrition Program at Montana State University if you are interested in borrowing a resource. You may borrow a resource for up to three weeks at no charge other than return postage. We can be reached by phone: 994-5641, fax: 994-7300 or email: uhdkb@montana.edu Our mailing address is: Team Nutrition Program, Montana State University, PO Box 173360, 202 Romney Gym, Bozeman, MT 59717-3360.

Contact Katie Bark of the Team Nutrition Program at 994-5641 if you would like a recommendation of the best resources for a specific topic.

GRADES 7 - 12

A 5 DAY LESSON PLAN ON EATING DISORDERS

The National Eating Disorders Organization, 1991
7-12 Curriculum

Includes a 5 day lesson plan with all the tools needed to teach this subject to teenagers.

THE AISLES HAVE IT

Dairy Council Of Wisconsin, 1991
7-12 Video:teacher guide

Encourages teens to purchase nutritious foods by using critical thinking skills. Features story line with humor.

ANIMAL FEEDING DEMONSTRATION

Midland Dairy Council, 1995
6-12 Poster:masters

Uses school lunch program to feed white rats. Draws attention to nutritious components of school lunch to enhance student ability to make wise food choices.

BEYOND THE LOOKING GLASS

Human Relations Media, Inc.
7-12 Video/Package

Students examine who they are, how they feel and what they can do to feel good about themselves.

BODYWISE HANDBOOK

U.S. Dept. of Health & Human Services Program, 1999
7-12 Folder

This folder contains eating disorders information for middle school personnel. Ready to use for handouts, Included for staff, parents and students.

CALCUIM CALCULATOR

Oregon Dairy Council, 1997
7-12 Computer software

This computer software programs allows students to assess their dietary intake of calcuim and learn calcuim rich food sources.

CHOICES: IT'S TIME TO EAT RIGHT

Hawaii Department Of Health, 1992

Grades 7-12

8-12 Video:manual

Guide includes suggested activities and resource materials. Focuses on basics of healthy food choices for adolescents.

CHOOSING A HEALTHY START

Hawaii Dept.of Ed., 1992

7-12 Video:manual

Suggestions for use in helping pregnant adolescents make healthy food choices.

CUT THE FAT-KEEP THE FLAVOR

Iowa State University, 1999

7-12 Curriculum guide

This unit explains how techniques in agricultural genetics are being used to bring food products that are lower in saturated fat to the marketplace. It includes students handouts and background information for instructors.

DINING ON DNA

Mary Stein, MS and Courtney Morgan, 1996

9-12 Curriculum guide

A food biotechnology unit for high school students and teachers designed for incorporation into the high school biology and social science classroom.

DON'T BET BUGGED BY A FOODBORNE ILLNESS

University of Nebraska Cooperative Extension Service, 1997

7-12 Game

Food safety program to include 2 games and general food safety materials to teach food and safety to teens and adults.

EATING DISORDERS

WCCO Television Productions-High School Yearbook, 1990

7-12 Video

High school yearbook special on eating disorders, bulimia, and anorexia.

EATING DISORDERS AWARENESS WEEK

7-12 Coordinator's Packet

Packet of complete materials from Eating Disorders Awareness week.

EATING DISORDERS IN MONTANA

MSU Extension Service, 2000

7-12 Video

A one hour program on helping parents and schools promote healthy self-esteem in children.

EATING DISORDERS: PROFILE IN PAIN

United Learning Video

This video packet provides a discussion of eating disorders and case studies of three teens dealing with different types of eating disorders.

EATING TODAY

Kathryn Anderson, David Simpson, Carol Frazee, 1993

6-12 Video:computer software:handouts

Teaches dietary guidelines, Food Guide Pyramid, diet recording, and interpretation of diet analysis.

EVERY BODY IS BEAUTIFUL

Montana PBS, 2000

7-12

Video – MSU Extension Service

This Montana made television show helps to define beauty for teens and promotes positive self-esteem and body image in teens.

EXERCISE YOUR OPTIONS

Western Dairy Council, 1995

6-8

Teacher's/participant guide

Designed to assist middle-school students in making healthful food and activity choices on a daily basis.

FAT: A BALANCING ACT

Washington State Dairy Council, 1993

7-12

Activities

Helps teenagers learn to lower their fat intake while maintaining a balanced diet. Concepts are: Five Food Groups and the Food Guide Pyramid, Serving Sizes, Personal Fat Budgets, and Food Trade-Offs. Includes activity masters and Pyramid Poster.

FIT KID CONNECTION-A NUTRITION BEHAVIOR CHANGE PROGRAM

Ohio Net Program, 1998

7-8

Video, handouts, workbook

The program is designed to compliment nutrition subject area aimed at decreasing childhood obesity and as a means in health and physical education of disease prevention.

FOOD PYRAMID CHALLENGE 2

Pineapple Appeal

9-12

Game

Teaches Food Guide Pyramid to older students.

FRUIT/VEGETABLE POWER AND CHALLENGE ACTIVITY BOOK & CARD GAME

Carol Schmelzel, 1993

6-12

Book:game

Teaches children nutritional benefits, new varieties being developed, and new ways to serve and enjoy fruits and vegetables.

FUELING THE TEEN MACHINE

Ellen Shanley and Colleen Thompson, 2001

7-12

Book

Helps teenagers understand the ABCs of good health.

"FUN" TASTIC NUTRITION EDUCATION IDEAS

Monica Dixon, 1992

7-12

Book

Educational techniques that help students integrate healthy nutrition practices into their daily lives.

GIRLS IN THE 90'S

Sandra S. Friedman, 1997

7-12

Facilitator's manual

This is a program to help girls safely navigate the rocky road through adolescence and avoid pitfalls such as eating disorders and the preoccupation with food and weight.

GO GIRLS!

Eating Disorders Awareness & Prevention, 1999

Grades 7-12

7-12

Curriculum Guide

The GO GIRLS! Curriculum was formulated as a prevention tool to be applied in various high school settings. The curriculum is based on principles of prevention indicating that “media literacy,” which includes activism and advocacy, is an effective way to empower students with tools necessary to successfully avoid unhealthy behaviors and to help change our society in ways that will benefit adolescents.

HEALTH ANSWERS

Missouri Department Of Health, 1994

7-12

Trainer’s guide

Makes accurate nutrition, physical fitness, and health related messages easily accessible to parents, students, and teachers.

HEALTH AND WELLNESS

Meeks Heit, 1999

7-12

Book

Textbook for Health Enhancement curriculum.

HIGH FIVE

Florida NET Program, 1996

7-12

Curriculum

Nutrition education module and videotape promotes the USDA Dietary Guidelines and eating healthier by bringing fruits and vegetables in the diet.

INVEST IN YOURSELF

Florida Department of Education, 1996

7-12

Curriculum

A sports nutrition manual for high school and middle school coaches, trainers, and teachers.

IT’S ALL ABOUT YOU

Washington Dairy Council

7-12: Adult

Slide Program

Packet includes 59 colorful slides, a script, four reproducible masters, brochure and dietary guidelines for Americans brochure.

JUMP START

California Project Lean

7-12

Curriculum Guide

This guide provides lessons to use in teaching children to eat healthy, keep moving and become smart consumers.

JUST FOR GIRLS

Sandra Friedman, Salal Books, 1999

7-12

Book

This comprehensive prevention program to be used with girls in different stages of adolescence. It can be adopted to address health and social risks such as smoking, drug and alcohol use, teen pregnancy, abusive relationships and sexually transmitted diseases.

LABEL-EASE: A GUIDE TO USING THE NEW FOOD LABELS

Western Dairy Council, 1994

7-12:adult

Leader guide:video

Helps consumers evaluate foods with new food label to determine if nutrient dense.

MAKING HEALTHY FOOD CHOICES

Grades 7-12

Human Nutrition Information Service, 1993
6-12 Book

Shows students how to eat right with the Food Guide Pyramid.

MID-LINC I PREHISTORIC VS. MODERN DIET

Star Campbell, Cheryl Achterberg, 1995
6-8 Curriculum

Thematic units that help students make connection between various school subjects and nutrition.

MID-LINC II GROWING TO THE MAX

Star Campbell, Cheryl Achterberg, 1995
6-8 Curriculum

Thematic units that help students make connection between different school subjects and nutrition. Puts power of prime-time television at fingertips to help teach teens about developing healthful eating habits, maintaining a balanced diet and committing to regular exercise.

MID-LINC III FOOD ENVIRONMENT CONNECTION

Star Campbell, Cheryl Achterberg, 1995
6-8 Curriculum

Thematic units that help students make connections between many school subjects and nutrition.

MIND YOUR BODY

Mind Your Body Program, Pouliot, 1997
6-8 grade Teacher's curriculum

To teach kids about nutrition and realistic goal setting for good health.

MIRROR MIRROR

Mary Abbott, 1998
7-12 Folder

Resource packet for school professionals to use with adolescents who have concerns about their body weight, shape, and image.

MONTANA MODEL CURRICULUM FOR HEALTH ENHANCEMENT - II

M.S.U. - Health & Human Development, 1995
7-12 Curriculum

Designed to assist school staff teaching subject of health enhancement to students. Lessons will help teach importance of achieving and maintaining a healthy lifestyle.

MVE-TV THE CHANNEL FOR MODERATION, VARIETY, AND EXERCISE

National Livestock & Meat Board, 1994
6-12 Video

Video teaching kit focused on moderation, variety and exercise for teens.

NANCY CLARK'S SPORTS NUTRITION GUIDEBOOK

Nancy Clark, 1997
6-12:adult Book

More than a recipe book--features 43 tables that show nutritional advantages of various foods, up-to-date information on carbohydrate loading, fluid replacements, pregame meals, protein needs, weight loss or gain during training.

NASCOS NUTRITION LOTTO

Jeannie Beltz, 1993

Grades 7-12

7-12 Game

This game makes learning nutrition facts fun. Tool to review nutrients, Food Guide Pyramid, and nutrition terms. Find the answer on playing card to a nutrition fact.

NOT-SO-TRIVIAL: FOODS AND NUTRITION

NASCO, 1991

6-12:adult Game

Trivia game with questions in six different foods/nutrition categories not too difficult, yet designed to create interest and motivate students to learn more. Includes 54 game cards, score pads, scoring punch, 1 die, instructions, teaching suggestions.

NOT-SO-TRIVIAL: HEALTH

NASCO, 1993

6-12:adult Game

Trivia game contains exciting up-to-date questions designed to stimulate thinking and inspire students to make healthy lifestyle choices. Includes 100 game cards with six color-coded questions, 2 score pads, scoring punch, 1 die, instructions, teacher's guide. Designed for 2-6 players or teams.

NUTRITION EDUCATION ACTIVITIES FOR TEENAGERS

Barbara Morningstar, 1993

7-9 Video:scripts:parent guide:masters

Seven segment nutrition module designed with a multi-disciplinary approach.

NUTRITION IN TEENAGE PREGNANCY

Wisconsin Dept. Of Public Instruction, 1991

9-12 Folder:book

Teens have special nutritional requirements enabling growth to a strong/healthy adulthood. Pregnant teenager's nutritional needs are intensified by pregnancy. Activities encourage student participation, exploration, cooperation, and were prepared to meet diverse learning styles, student abilities, and time constraints.

NUTRITION LABELS

Paul Fuqua, John Colgan, 1994

5-12 Video:teacher's guide

Increases students awareness of information contained in revised nutrition facts labels which can help students lead more healthy lives.

NUTRITION SCIENCE IN ACTION - HANDS ON ACTIVITIES FOR CHILDREN

Penn State Nutrition Center, 1990

6-12 Guides

Introduces teacher to proven, hands-on experiential science activities. Activities exposes children to wonders of anatomy, physiology, disease prevention, food processing.

NUTRIVISUALS: PRO'S, CARB'S, & FATS- THOSE WILD AND CRAZY NUTRITION GUYS

Eve Lowry, 1993

SFS Slides, narrative, recipes

Clever food photos show audience that plenty of complex carbohydrates, a bit less protein, and a lot less fat gets you where you want to be nutritionally. Visit abdominal fat pool where unemployed fats hang out, metabolic machinery, vascular clearing house, and other parts of metabolic neighborhood!

PENN STATE NUTRITION SCIENCE LAB EXPERIMENTS AND PEN-AND-PAPER ACTIVITIES

Penn State Nutrition Center, 1994

6-12 Guides

Gives numerous science experiments for middle and high school students to do in the laboratory. Students will experience first hand many fun food science experiments.

PLAYING THE POLICY GAME

California Project LEAN, August 2000
Teen Workbook

A guide for teen leaders to take action on healthy eating and physical activity.

PROJECT FOOD SAFETY: FOOD IRRADIATION

Mary Stein, 1993
6-8 Workbook and video

First in a series of three educational units designed to teach scientific concepts through the subject of food safety: food irradiation

PROJECT FOOD SAFETY: MICROBIAL CONTAMINATION

Mary Stein, 1993
6-8 Workbook:video

Second in a series of three educational units designed to teach scientific concepts through subject of food safety: microbial contamination.

PROJECT FOOD SAFETY: PESTICIDES

Mary Stein, 1993
6-8 Workbook:video

Third in a series of three educational units designed to teach scientific concepts through subject of food safety: pesticides.

PUTTING THE PYRAMID INTO PRACTICE

Western Dairy Council, 1992
9-12:adult Slides:instructor's guide

Designed to help students learn practical application of food selection using USDA Food Guide Pyramid. Includes serving size, menu planning and rating your diet.

PYRAMID EXPLORER

National Dairy Council, 1998
10-Adult CD/Teacher guide

This CD ROM is full of fun and education for ages 10-100. Four game like modules are loaded with nutrition information and interaction.

PYRAMID PLUS

Oregon Dairy Council, 1993
Teens:adult Instructor's guide:handouts

Builds on Food Guide Pyramid to incorporate concept of nutrient density and addresses teen nutrition issues of eating for convenience, weight management, and eating for performance.

PYRAMID POWER

University Of Nebraska, 1994
9-adult Game

A game that provides healthy eating based on the Food Guide Pyramid.

READY SET DINNER

Potato Board, 1994
5-12 Software (IBM/MAC discs)

Meal-planning software that simplifies the dinner experience with recipes, weekly meal planner, and grocery list.

RESETTING THE FAMILY TABLE

Oregon Dairy Council, 1994

7-12:adult

Teacher guide:activities

Importance of sharing meals for good nutrition and healthy families, share in planning and preparing a meal, set positive environment for meals.

SCHOOL HEALTH INDEX—ELEMENTARY SCHOOL

U.S. Dept.of Health & Human Services, 2000

7-12

Planning Guide

This is a tool that can help your school assess its physical activity and nutrition policies and programs based on national standards and guidelines, and be used as a part of your School Improvement Plan.

SCIENCE AND OUR FOOD SUPPLY

National Science Teachers Association, 2001

7-12

Video, Curriculum Manual

A unique program that makes food safety an integral part of your science curriculum.

SETTING THE RECORD STRAIGHT

Wheat Foods Council, 1999

High School –Adult

Video, manual

A video, poster and handouts to help debunk fad diets and promote health benefits of the food guide pyramid and the U.S. dietary guidelines.

SHOPPING FOR GOOD NUTRITION: PUTTING NEW FOOD LABELS INTO ACTION

Western Dairy Council, 1993

9-12:adult

Instructor's guide

Information package includes 12 overhead transparencies, fact sheet, and background information to help teach about new nutrition label.

SPORTS NUTRITION PACKET

Penn State Nutrition Center, 1993

Coaches, Educators

Resource Packet

Packet designed for coaches and educators who need to be knowledgeable about key issues in sports nutrition. Summarizes knowledge of nutrition, exercise, and performance.

SPORTS NUTRITION

Missouri NETP, 1995

High School, Adult

Book

Encourages healthy eating for top athletic performance.

SPORTS NUTRITION

ND Dept. of Public Instruction-Bismarck-1997

7-12

Manual

Introduces sports nutrition materials with activity sets and fact sheets for teaching nutrition to athletes.

SPORTS NUTRITION: EAT TO FUEL PERFORMANCE

Robin Hamre, RD, LD, MPH

7-12

Packet

This packet of information helps to educate athletes about nutrition to enhance athletic performance and prevent fatigue.

TAKE A COOK ON THE WILD SIDE

National Cattlemen's Beef Association, 1999
7-12 Video, Teachers's Guide

The education kit is designed to help junior and senior high school students learn life skills in food safety, nutrition and beef preparation. The kit has been developed to align with the National Standards for Family and Consumer Sciences Education (1998); you will find specific standards listed for each activity.

TAKE AIM

National Dairy Council, 1994
7-12 Game

Fun, interactive game show style format which includes eight different categories to explore nutrition.

TEENAGE NUTRITION: PREVENTION OF OBESITY

Mind Your Body, 1997
7-12 Video, Instructor's Manual

This resource can assist you with teaching teens nutrition for keeping fit through healthy eating and exercise habits.

THE MAKING OF A MODEL

Television Clip, Sept. 1996
7-12 Video

Shows teens the deception television ads and magazines use to market products.

TRAINING TABLE - COMPLETE SPORTS NUTRITION PROGRAM

Portland Public Schools, 1987
7-12 Slides:instructor's guide

Kit shows how to have a nutritious diet and discusses three major fuels that body uses during exercise.

TRAINING TABLE - YOUR COMPETITIVE ADVANTAGE

Portland Public Schools, 1994
7-12:adult:SFS Video:handouts

Teaches athletes how to enhance performance on playing field and in classroom through proper nutrition.

VEGETARIAN DIETS PACKETS

The Vegetarian Resource Group, 1993
3-12 Journal:recipes:computer disks

Gives informative ideas and explanations about vegetarians as well as some recipes.

WAR ON GERMS

Portland Public Schools, 1997
7-12 Video

A short (9 minute) video on germs and the importance of handwashing.

WAVE: WOMEN ATHLETES VOICE OF ENCOURAGEMENT

Penny Clark, 1995
7-12 Curriculum

Provides information and tools for "Eat to Compete" presentation. Assists with encouraging young women to participate in sports and teaches why fitness and eating right are important for a healthy lifestyle.

WHEN GIRLS FEEL FAT

Sandra Friedman, Harper Collins Pub., 1999
7-12 Book

Grades 7-12

This book provides clear and proven strategies to deal with conflict to recognize that “worries about weight” can lead to more serious problems; helps parents and mentors guide girls into healthy, confident womanhood.

WINNING SPORTS NUTRITION: THE TRAINING DIET

University Of Arizona, 1994

7-12:adult Video

Shows athletes how to eat and drink for top sports performance.

WINNING SPORTS NUTRITION: TRAINING MANUAL

Missouri Dept of Education, 1994

7-12:adult Manual:overheads

Provides latest research-based nutrition information/activities to help athletes get the most of training programs.

YOURSELF KIT

USDA, 1999

7-8 Classroom kit

Classroom kit to help middle students learn to make healthy food choices and exercise regularly.